P801 /P801X /P860

使用手冊



目錄

CN

環保錦囊

包裝

用來盛載本微波爐的**紙盒**，印有環保標籤，可以完全循環再造。棄置包裝材料時，請遵循本地的廢物棄置條例。請把可能會引致危險的包裝材料 如膠袋、聚苯乙烯等 放置在小孩接觸不到的地方。



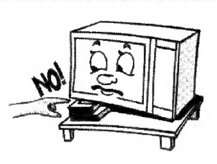
電器

本產品由可循環再造的物料製造，如日後需要棄置本產品，請遵循本地的廢物棄置條例。棄置微波爐前請切斷電源線，使本產品不能與電源連接。

安裝指引

接駁電線之前

請檢查額定銘牌的電壓是否與家中的相配合。



將微波爐放置在平坦及穩固的地方，此處必須足以承托爐具連食物器皿的重量。附有控制板的一邊比較重，放置時必須小心。

請將微波爐遠離熱源放置。輸入微波爐的冷空氣，必須低於35℃。為確保通風良好，微波爐頂部，必須留有20厘米的空間。請確保微波爐放置穩固，而且底部也應留有空間，以便通風。本微波爐可以在 +5℃ 至 +35℃ 的室溫使用。

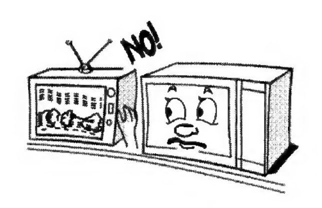
必須確定微波爐並無損壞。可查看爐門關上時，是否緊貼門框，以及內門的封邊，是否完整無缺。將爐具內配件移去，然後用柔軟的濕布，清潔爐腔內部。

電線、插頭如有損壞，或微波爐不能正常操作，或受到損壞或翻倒，**則切勿使用微波爐**，以免釀成觸電、火警及其他意外。切勿將電線或插頭浸入水中，並避免接觸灼熱的表面，否則會引致觸電、火災或其他意外。

連接後

微波爐只有在爐門緊閉後才能操作。

如將微波爐放置在電視機、收音機或天線附近，可能會**影響接收**或引起干擾。



根據法例規定，**本產品必須接駁地線**，用戶如果不遵守這條規定，而導致任何人命傷亡和財物損失，製造商概不負責。

⚠警告！

本微波爐必須接駁地線！ 

重要安全事項

请仔细阅读本指南并妥善保管以供将来参考。

一般資料

本產品只供一般家居使用。

爐內未有食物時，**切勿使用微波爐**，否則可能會對爐具造成損壞。

爐頂的排氣孔，必須保持暢通。若爐具抽氣或排氣受阻，均會對爐具造成損壞，以及影響烹調效果。

假如你要學習使用的技巧，可把一杯清水放在爐內，讓清水將微波能量吸收，避免損壞爐具。

切勿將微波爐放置在室外或於室外使用。爐具不應存放在廚房鋅盤、泳池附近以及潮濕的地窖等地方。

切勿使用爐腔存放物件。

切勿在微波爐內或其附近**加熱或使用易燃物品**。此等物品釋出的氣體，可能會引起火警或爆炸。

本爐具專為加熱食物或烹煮食物而設，**切勿用作**處理腐蝕性化學品或氣體，因此微波爐並不適合工業或作實驗用途。

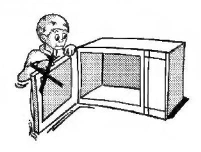
微波爐亦不宜用來烘乾衣物、紙張、香料、藥草、木製品、花朵、水果或其他易燃物品，以免產生火警。

必須經常留意爐內情況，尤其當使用紙製物品、塑膠或其他易燃物料製造的器皿等。烹煮食物時，紙張可能會著火或燒焦，而塑膠物料甚至會被溶解。

切勿將食物煮得過熱，以免發生火警。

如物品在微波爐內／外著火，必須保持爐門關閉，然後將電源插頭拔去，或中斷保險絲或斷路器的電源。

爐門打開時，**切勿挨著爐門**，以免發生意外。



⚠ 警告！

***只有完全掌握正確使用方法**，方能**允許小童**在沒有成人監督下，使用本微波爐。使用前必須確保他們能安全地使用本產品，並明白誤用所帶來的後果。*

*食物在放入微波爐前，應先**除去紙袋或膠袋的鐵線**。*

流質飲料

使用微波爐加熱的**飲品或清水**，即使煮得過熱，甚至超過沸點，也未必會出現沸騰的汽泡，但液體可能會突然溢出，造成燙傷。

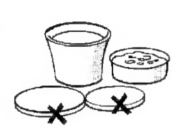
為避免上述情況發生，請遵守下列各點：

1. 避免使用窄頸的直身容器。
2. 將流質食物放入爐內之前，先加以攪拌，並將匙羹留在容器內。
3. 流質食物加熱後，讓它逗留在爐內稍為冷卻，再加以攪拌，才將容器小心拿出。

⚠ 警告！

容器

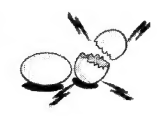
微波爐並不適宜加熱密封容器內的食物或液體，因為當開啟容器時，上升的氣壓，可能導致損壞或引起爆炸。



⚠ 警告！

雞蛋

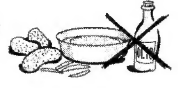
切勿使用微波爐烹煮或翻熱連殼及不連殼的原隻雞蛋，因為雞蛋可能會爆開。



重要安全事項

油炸

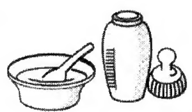
切勿使用微波爐來油炸食物，因為油的溫度不受控制。



⚠ **警告**！

小心

必須經常參考微波爐烹飪食譜，尤其當烹煮或翻熱含有酒精的食物。



將奶樽或嬰兒瓶的食品或飲料加熱後，在喂哺之前，須將食物加以攪拌及測試溫度，以確保熱力分佈均勻，以避免燙傷或灼傷嬰兒。

確保加熱前已取出樽蓋和奶嘴！

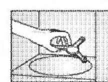
小心炙手

觸碰容器、爐具零件及烤盤前，**切記戴上隔熱墊或隔熱手套**，以免燙傷。

配件

轉盤托架

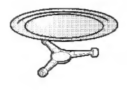
在玻璃轉盤下，**使用轉盤托架**。切勿在轉盤托架上，放置其他器皿。



- 把轉盤托架裝入微波爐。

玻璃轉盤

可**使用玻璃轉盤**配合各種烹調方法。它能收集食物屑及餘汁，避免沾污微波爐內腔。



- 在轉盤托架上，放置玻璃轉盤。

鐵絲架(P860)

請將食物放在**鐵絲架**上燒烤。



雙層架

使用雙層架可同時進行雙層加熱。只要將一隻碟子放在玻璃轉盤上，另一隻碟放在雙層架上即可。雙層架也可在洗碗機內清洗。

一般資料

市面上出售的配件**種類繁多**，在購買前，請弄清楚是否適合微波爐使用。

把食物及配件放進微波爐時，必須確保它們及配件沒有直接觸及爐壁或頂部。

使用金屬配件或帶有金屬部份的零件，尤須加倍小心。

在微波爐運作期間，**如果配件的金屬部份**誤觸微波爐的內壁或頂部，微波爐會發出火花，並可能會損壞。

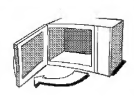
使用微波爐前，**請確保**轉盤可自由轉動。

煮食前，**請確保使用的器皿**適合微波爐使用，並可讓微波通過。

移去燙熱的器皿時，請使用隔熱墊。



如何暫停或終止烹調程序



暫停烹調程序：

如閣下想查看食物的烹調情況、或進行攪拌或翻轉食物，只要打開爐門，烹調程序便會暫時停止運作。



重新啟動烹調程序：

請關上爐門，烹調過程會由暫停那個階段繼續開始運作。

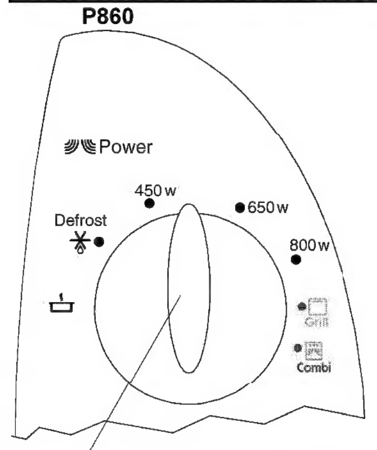


如閣下不想繼續進行烹調過程：

請取出食物，將調校旋鈕轉到0的位置，然後關上爐門。

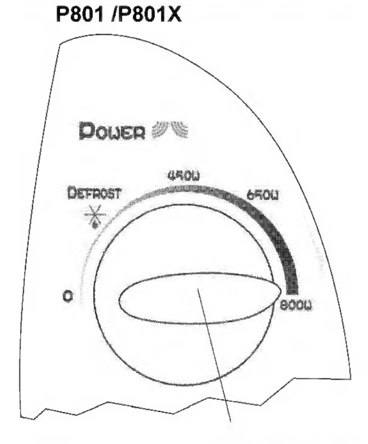
如何操作微波爐

P860

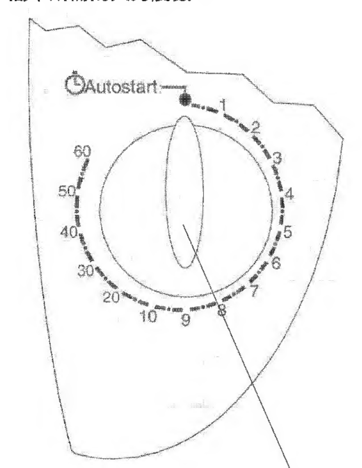


1. 請轉動POWER KNOB(火力旋鈕)，**選擇**閣下所需的火力度數。

P801 /P801X



1. 請轉動POWER KNOB(火力旋鈕)，**選擇**閣下所需的火力度數。



2. 以順時針方向**轉動ADJUST KNOB** (調校旋鈕)，設定閣下所需的烹調時間，微波爐便會自動開始操作。

烹調圖表

一般提示:

閣下所烹調的食物越多，所需的時間便越長。根據以往的經驗，雙倍份量的食物，需要雙倍的烹調時間。

開始時烹調溫度越低，所需的時間便越長。烹調室溫的食物，比烹調直接從雪櫃中取出的食物，需要較短的時間。

如需烹調不同數量的同一種食物，好像連皮薯仔, 請將它們以環形放置，讓每個薯仔都得到均勻的烹調效果。

有些食物是連皮或帶有薄膜，例如薯仔、蘋果及蛋黃這類食物，必須用叉或竹籤，在食物上刺孔，排出內裏的壓力， 以防爆裂。

體積細小的食物，比體積較大的食物，烹調得較快，而形狀相若的食物，比形狀不規則的食物，烹調得較均勻。

將食物攪拌及翻轉，是傳統的烹調方法，這亦適用在微波烹調中，這些方法可將熱力快速散佈到碟的中心，以及避免過度烹調食物外部的邊緣。

烹調不規則或厚身食物時，請將食物較薄部份向著碟的中心，因這裏是最後烹調的地方。

帶有較多脂肪和糖份的食物，比帶有水份的食物，烹調得較快。脂肪和糖比水的溫度上升得較快。

烹調後，請讓食物逗留一段時間。逗留時間可改善烹調效果，因溫度會平均分佈在食物上。

食物種類	重量	火力度數	時間	烹調後等待	提示
雞全隻	1000克	800W	18-20分鐘	5-10分鐘	烹調中途，請將雞隻翻轉。烹調完畢後，請檢查肉汁是否未着顏色。
雞條或雞塊	500克	800W	8-10分鐘	5分鐘	烹調完畢後，請檢查肉汁是否未着顏色。
肉卷	600 - 700克	650W	12-14分鐘	5分鐘	
煙肉	150克	800W	3-4分鐘	1-2分鐘	在碟上放上2至3層廚房用紙巾。請用紙巾蓋著煙肉。
魚(全條)	600克	650W	8-9分鐘	4-5分鐘	在魚身上剔幾刀。 請覆蓋魚身烹調。
魚、牛扒或肉扒	400克	650W	5-6分鐘	2-3分鐘	將較薄的部份向著中心。 請覆蓋著食物烹調。
新鮮蔬菜	300克	800W	3-4分鐘	1-2分鐘	請覆蓋著食物烹調，並加入2茶匙的水。
急凍蔬菜	250克 400克	800W	3-4分鐘 5-6分鐘	1-2分鐘	請覆蓋著食物烹調。
連皮薯仔	1塊 4塊	800W	4-6分鐘 12-15分鐘	2分鐘 5分鐘	請用叉在薯仔上刺孔。 (1塊=250克) 烹調中途，請將薯仔翻轉。

翻熱圖表

一般提示:

正如傳統的烹調方法，食物在微波爐重新翻熱，必須翻熱到滾燙為止。

如將較厚食物放在碟邊，而把較薄的食物放在碟中心，便可得到最佳的翻熱效果。

請將肉類一塊一塊重疊，或將它們交錯放在一起。厚的肉類，例如肉卷及香腸，須並排放在一起。

如想翻熱燜炖食物或醬汁，閣下最好能將食物攪拌一次，將熱力平均分佈。

將食物蓋著，可保持食物內的水份, 減低水份濺出的機會，並縮短翻熱時間。

翻熱冷凍食物時，請參照包裝上的製造商指引。

不能攪拌的食物，如酥皮，最適宜以450-650瓦 的火力重新翻熱。

幾分鐘的逗留時間，可確保溫度平均分佈在食物上。

食物種類	重量	火力度數	時間	翻熱後等待	建議
碟頭飯菜	300克 450克	800W	3-4分鐘 4-5分鐘	1-2分鐘	覆蓋碟子
飯	4碗/0.2公升 12碗/0.6公升	800W	1-2分鐘 3-4分鐘	1 分鐘 2 分鐘	覆蓋碟子
肉丸	250克	800W	2分鐘	1-2分鐘	不覆蓋肉丸翻熱
熱狗	1個 2個	650W	1/2-1分鐘 1-1 1/2分鐘	1 分鐘	
千層麵	500克	650W	5-6 分鐘	2-3分鐘	
飲料	0.2公升	800W	1-1 1/2分鐘	1 分鐘	在杯內放入金屬匙羹，防止過熱。
清湯	4.5碗/0.25公升	800W	2-2 1/2分鐘	1 分鐘	在湯碟或碗內, 不加蓋子翻熱。
白汁或醬汁	4.5碗/0.25公升	800W	2 1/2-3分鐘	1 分鐘	份量不要超過容器的3/4容量。加熱過程中攪拌一次。

解凍圖表

一般提示:

在膠袋、保鮮紙或紙盒裝內的急凍食物，只要包裝沒有金屬部份(例如金屬包裝扭繩)。可直接放在微波爐內烹煮。

包裝形狀會影響解凍時間。薄身的包裝，比厚身的包裝，解凍得較快。

解凍食物時，請將食物分開。切開的塊狀食物會較容易解凍。

當食物開始變暖，請以小塊的錫紙包裹食物的突出部份(例如雞腿和雞腿尖)。

在解凍中途，請將**食物最大的塊肉部份翻轉**。

在解凍過程中，如將已煮好及煨炖的食物或肉醬攪拌，解凍效果會較好。

解凍時，讓食物稍作溶解，然後待食物自然溶解。

解凍後的逗留時間，能改善解凍效果，因為溫度會平均分佈在食物上。

食物種類	重量	火力度數	時間	解凍後等待	建議
烤肉	800克 1000克	解凍	20-22分鐘	10-15分鐘	解凍中途時翻轉烤肉。
免治肉類	500克	解凍	8-10分鐘	5分鐘	解凍中途翻轉，分開解凍部份。
扒類 吉列、牛扒	500克	解凍	7-9分鐘	5-10分鐘	解凍中途翻轉。
雞(全隻)	1200克	解凍	25分鐘	10-15分鐘	解凍中途翻轉。
雞塊或雞條	500克	解凍	7-9分鐘	5-10分鐘	解凍中途翻轉 / 分開雞塊，用錫紙蓋上雞翼尖和雞腿以防止過熱。
魚(全條)	600克	解凍	8-10分鐘	5-10分鐘	解凍中途翻轉，用錫紙蓋上魚尾以防止過熱。
魚條/魚扒	400 克	解凍	6-7分鐘	5分鐘	中途將魚條或魚扒翻轉/分開。
麵包	500 克	解凍	4-6分鐘	5 分鐘	中途將麵包翻轉。
麵包卷/ 小圓甜包	4塊 (150-200克)	解凍	11/2-2分鐘	2-3 分鐘	以環形放置。
水果/莓類	200 克	解凍	2-3分鐘	2-3 分鐘	解凍後等待時，將水果/莓類分開。

燒烤圖表 (P860)

一般提示:

透過結合微波及燒烤功能，閣下可享用嶄新烹調方法所帶來的好處。同時，燒烤功能可令食物添上一層金黃色的表層，微波功能則可縮短烹調時間，而燒烤效果通常都是較好。

烹調時間，通常比一般傳統焗爐的烹調時間快一倍。

燒烤架可與混合功能一起使用。

閣下可將器皿或酥皮食物，直接放在玻璃轉盤上。

⚠ 注意!

請**確保**閣下所使用的器具是耐熱、可在微波爐中使用，以及在微波混合燒烤功能時，微波可通過食物。

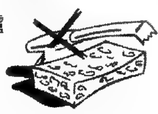
使用燒烤功能時，請**不要**使用塑膠器具，否則它們會被溶掉，木製或紙製器具亦不適宜使用。

食物種類	數量	設定	時間	建議
芝士多士	3塊	燒烤	4-5分鐘	請放在燒烤架上
香腸	2-3塊 (每塊100克)	燒烤	10-12分鐘	請放在燒烤架上 烹調中途，請將香腸翻轉。
雞塊	1000克	10 然後燒烤	13-15分鐘 8-9分鐘	請將雞塊放在碟上，有皮的一面向上。
急凍千層麵	500克	8 然後燒烤	18-20分鐘 5-6分鐘	請將器皿放在轉盤上。
急凍脆皮魚	600克	8 然後燒烤	15-18分鐘 5-7分鐘	請將器皿放在轉盤上。
脆皮薯仔	4份	10 然後燒烤	18-20分鐘 5-6分鐘	請將器皿放在轉盤上。
薯茸	2份	燒烤	6-8分鐘	請將碟子放在燒烤架上。

維修保養及清潔

其實微波爐只要勤加清洗，便是最佳的護理方法。但是在清洗前，必須關掉電源。

切勿使用金屬刷墊清潔爐腔內壁，否則便會刮花表面。



應定期取出轉盤，然後清潔爐腔底部，特別是曾倒翻食物後，更應如此。

本爐具經精心設計，當轉盤安放妥當後，才可操作。
當取出轉盤清潔時，**切勿**使用微波爐。

用溫和的洗潔精、水和布，抹拭爐腔內壁、爐門的前後部份及開門位置。

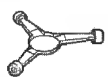
爐門必須保持清潔，**不要讓油漬**及食物的渣滓，堆積在爐門的周圍。

如要清除頑固的污漬，可以將一杯清水放進爐內，然後煮上2至3分鐘，水蒸汽能夠溶解污垢。

如要清除爐具內的難聞氣味，可把一杯混有檸檬汁的清水，放入轉盤內，然後煮沸，便可消除爐腔內的難聞氣味。

下列配件，可用洗碗碟機清洗：

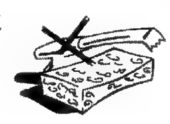
轉盤托架



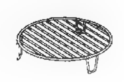
玻璃轉盤



請不要使用金屬刷墊, 因這會刮花爐具的表層。



鐵絲架(P860)



雙層架



⚠ **警告**！

請定期檢查爐門的封條及其附近的位置，確保它們沒有損壞。如果已出現損壞，切勿使用本微波爐，直至有認可的維修人員修理妥當為止。

切勿使用**砂粉**、金屬刷墊、砂布清洗微波爐，否則可能會使控制板、爐具內外四壁受損，只須用海綿沾上性質溫和的洗潔精，或者噴上玻璃清潔劑的廚房百潔布，便可清洗微波爐。

但是**切勿**將玻璃清潔劑，直接噴在微波爐上。

問題解決指南

如果微波爐不能操作，請檢查下列各項後才致電維修中心：

* 轉盤和轉盤托架是否固定就位
* 插頭是否完全插入插座
* 爐門是否完全關閉
* 檢查保險絲，確定已接上電源
* 十分鐘後再嘗試操作
* 再作嘗試前，請開啟爐門，然後將其關上

以上檢查，可避免致電維修服務中心安排維修，維修服務可能會收費。

致電維修服中心時，請說出機身編號和微波爐型號（請參閱維修服務的標籤）。有關詳細資料，請參閱保用証。

注意：

如須更換電線，必須使用原廠出品，並由原廠的維修技師負責更換。有關的電線，可向我們的維修中心聯絡。

⚠ **警告！**

***維修工作應交由專業的技師執行**，若由非合資格的人員進行維修及涉及拆除防止微波外洩的蓋子，均屬非常危險。*

切勿拆除任何蓋子。

加熱數據測試

符合 IEC 705 進行熱力測試的數據。

國際電器技術委員會 SC.59 H 為測試不同型號微波爐的熱量功能，製訂一套標準。本微波爐應以下列數據為標準。

試驗	重量	大約時間	火力度數	容器
12.3.1	750克	10分鐘	800瓦	Pyrex 3.220
12.3.2	475克	5分鐘	800瓦	Pyrex 3.827
12.3.3	900克	14分鐘	800瓦	Pyrex 3.838
12.3.4	1100克	18-20分鐘	800瓦	Pyrex 3.827
13.3.0	500克	12分鐘	解凍	放置在轉盤上

技術資料

型號	P860	P801 /P801X
電源電壓	220V/50Hz	
額定輸入電源	1250瓦	
	微波爐輸出火力	
全火力	800瓦	
	650瓦	
	450瓦	
解凍	160瓦	
保暖	90瓦	
燒烤輸出火力	1000瓦	
尺寸	高 x 闊 x 深（毫米）	
外部尺寸	285 x 456 x 402	285 x 456 x 392
爐腔空間	196 x 292 x 295	

4619-652-66931

P801 /P801X /P860

Instructions for use



Contents

ENVIRONMENTAL HINTS

Packing
The packing box may be fully recycled as confirmed by the recycling symbol. Follow local disposal regulations. Keep potentially hazardous packaging (plastic bags, polystyrene etc.) out of the reach of children.



Appliance
The appliance is built from reusable materials. If you decide to scrap the appliance, it must be disposed of in compliance with local waste disposal regulations. Before scrapping, cut off the mains cord so that the appliance cannot be connected to the mains.

INSTALLATION

PRIOR TO CONNECTING

Check that the voltage on the rating plate corresponds to the voltage in your home.

Place the oven on a stable, even surface that is strong enough to hold the oven and the food utensils you put in it. The control side of the unit is the heavy side. Use care when handling.

Position the oven at a distance from other heating sources. The cooling air, which is taken in by the oven, must not exceed 35°C temperature. For sufficient ventilation there must be a space of at least 20-cm above the oven. Ensure the microwave oven feet are in place and ensure the space underneath the oven is empty to allow for proper airflow. The oven can operate in an ambient temperature ranging from +5°C to +35°C.

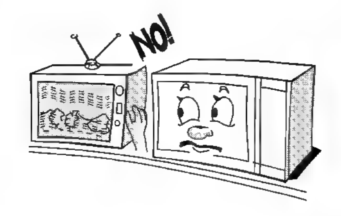
Ensure that the appliance is not damaged. Check that the oven door closes firmly against the door support and that the internal door seal is not damaged. Empty the oven and clean the interior with a soft, damp cloth.

Do not operate this appliance if it has a damaged mains cord or plug, if it is not working properly, or if it has been damaged or dropped. Do not immerse the mains cord or plug in water. Keep the cord away from hot surfaces. Electrical shock, fire or other hazards may result.

AFTER CONNECTING

The oven can be operated only if the oven door is firmly closed.

Poor television reception and radio interference may result if the oven is located close to a TV, radio or aerial.



The earthing of this appliance is compulsory. The manufacturer will accept no responsibility for injury to persons, animals or damage to objects arising from the non-observance of this requirement.

⚠ WARNING!

THIS APPLIANCE MUST BE EARTHED!



IMPORTANT SAFETY PRECAUTIONS

READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

GENERAL

This appliance is designed for domestic use only!

The appliance should not be operated without food in the oven when using microwaves. Operation in this manner is likely to damage the appliance.

The ventilation openings on the oven must not be covered. Blocking the air intake or exhaust vents may cause damage to the oven and poor cooking results.

If you practice operating the oven, put a glass of water inside. The water will absorb the microwave energy and the oven will not be damaged.

Do not store or use this appliance outdoors. Do not use this product near a kitchen sink, in a wet basement, or near a swimming pool, or similar.

Do not use the cavity for any storage purposes.

Do not heat, or use flammable materials in or near the oven. Fumes can create a fire hazard or explosion.

Do not use corrosive chemicals or vapours in this appliance. This type of oven is specifically designed to heat or cook food. It is not designed for industrial or laboratory use.

Do not use your microwave oven for drying textiles, paper, spices, herbs, wood, flowers, fruit or other combustible materials. Fire could result.

Do not leave the oven unattended, especially when using paper, plastic or other combustible materials in the cooking process. Paper can char or burn and some plastics can melt if used when heating foods.

Do not over-cook food. Fire could result.

If material inside / outside the oven should ignite, keep oven door closed and turn the oven off. Disconnect the power cord or shut off power at the fuse or circuit breaker panel.

Never lean on the door when the door is open. Injury could result.

⚠ WARNING!

Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.

Remove wire twist-ties from paper or plastic bags before placing bag in the oven.

LIQUIDS

E.g. beverages or water in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over of the hot liquid.

To prevent this possibility the following steps should be taken:

1. Avoid using straight-sided containers with narrow necks.
2. Stir the liquid before placing the container in the oven and let the teaspoon remain in the container.
3. After heating, allow standing for a short time, stirring again before carefully removing the container from the oven.

⚠ WARNING!

CONTAINERS

Do not use your microwave oven for heating anything in airtight sealed containers. The pressure increases and may cause damage when opening or may explode.

⚠ WARNING!

EGGS

Do not use your microwave oven for cooking or reheating whole eggs with or without shell since they may explode.

SAFETY PRECAUTIONS

DEEP-FRYING

Do not use your microwave oven for deep-frying, because the oil temperature cannot be controlled.

⚠ WARNING!

CAREFUL

Always refer to a microwave cookbook for details.
Especially, if cooking or reheating food that contains alcohol.

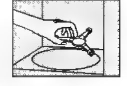
After heating baby food or liquids in a baby bottle or in a baby food jar, always stir and check the temperature before serving. This will ensure that the heat is evenly distributed and the risk of scalding or burns can be avoided.
Ensure the Lid and the Teat is removed before heating!

HANDS OFF

Use hot pads or oven mitts to prevent burns, when touching containers, oven parts, and pan after cooking.

ACCESSORIES

TURNTABLE SUPPORT



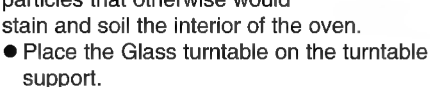
Use the turntable support under the Glass turntable.
Never put any other utensils on the turntable support.

- Fit the turntable support in the oven.

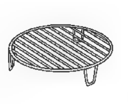
GLASS TURNTABLE

Use the Glass turntable with all cooking methods. It collects the dripping juices and food particles that otherwise would stain and soil the interior of the oven.

- Place the Glass turntable on the turntable support.



WIRE RACK (**P860**)



Use the Wire rack to put food on when using the Grill function. This will quickly give a pleasant brown surface to the food.

TWO PLATE STACKER

The Two plate stacker is excellent for two level reheating. Simply place one plate on the Glass Turn-table and a second plate on the Two plate stacker above. The Two plate stacker may be cleaned in dishwashers.

GENERAL

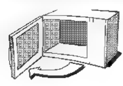
There are a number of accessories available on the market. Before you buy, ensure they are suitable for microwave use.

When you put food and accessories in the microwave oven, ensure that they do not come in contact with the interior of the oven.

This is especially important with accessories made of metal or metal parts.

If accessories containing metal comes in contact with the oven interior, while the oven is in operation, sparking can occur and the oven could be damaged.
Always ensure that the turntable is able to turn freely before starting the oven.
Ensure that the utensils you use are oven proof and allow microwaves to pass through them before cooking.
Use oven mitts when removing the hot utensil.

HOW TO PAUSE OR STOP COOKING



To pause cooking:
The cooking can be paused to check, turn or stir the food by opening the door.



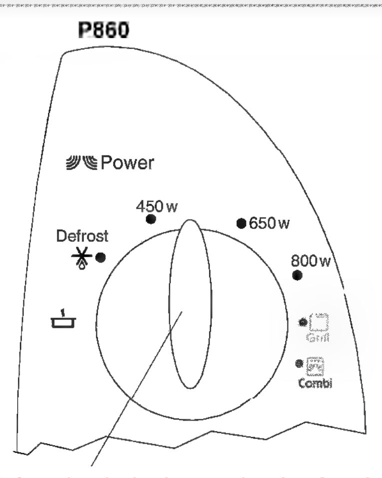
To continue cooking:
Close the door. The cooking is resumed from where it was paused.



If you don't want to continue cooking:
Remove the food, turn the Adjust knob to zero and close the door.

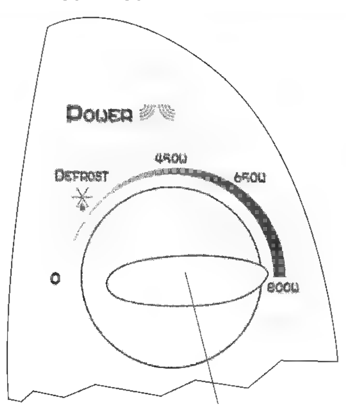
HOW TO OPERATE THE OVEN

P860

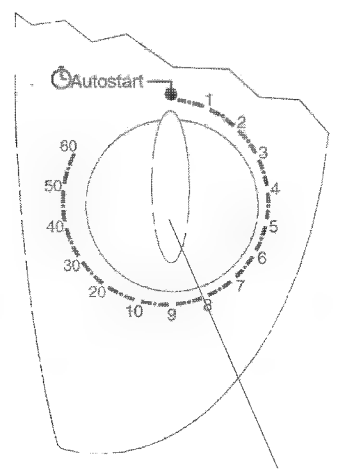


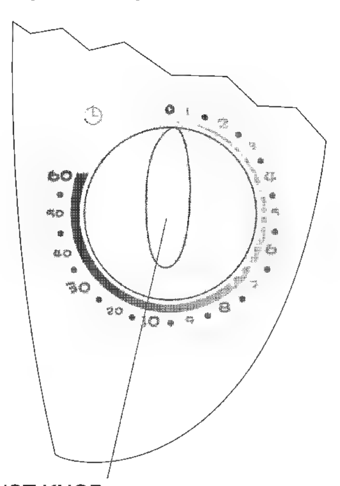
1. **Select** the desired power level or function by turning the MULTIFUNCTION KNOB.

P801 /P801X



1. **Select** the desired power level by turning the POWER KNOB.





2. **Turn** the ADJUST KNOB clockwise to set the desired cooking time. The oven starts automatically.

COOKING CHART

GENERAL HINTS:

The more food you want to cook the longer it takes. A rule of thumb is that double amount of food requires almost double the time.

The lower starting temperature, the longer cooking time is required. Food at room temperature cooks faster than food taken directly from the refrigerator.

If you are cooking several items of the same food, such as jacket potatoes, place them in a ring pattern for uniform cooking.

Some foods are covered by a skin or membrane e.g. potatoes, apples and egg yolks. These food should be pricked with a fork or cocktail stick to relieve the pressure and to prevent bursting.

Smaller pieces of food will cook faster than larger pieces and uniform pieces of food cook more evenly than irregularly shaped foods.

Stirring and turning of food are techniques used in conventional cooking as well as in microwave cooking to distribute the heat quickly to the center of the dish and avoids over-cooking at the outer edges of the food.

When cooking food of uneven shape or thickness, place the thinner area of food towards the center of the dish, where it will be heated last.

Food with lot of fat and sugar will be cooked faster than food containing a lot of water. Fat and sugar will also reach a higher temperature than water.

Always allow the food to stand for some time after cooking. Standing time always improves the result since the temperature will then be evenly distributed throughout the food.

Type of food	Quantity	Power level	Time	Standing time	Hints
Chicken whole	1000 g	800 W	18 - 20 min	5 - 10 min	Turn the chicken midway thru cooking. Check that the meatjuice is uncolored when the cooking is finished.
Chicken fillets or pieces	500 g	800 W	8 - 10 min	5 min	Check that the meatjuice is uncolored when the cooking is finished.
Meat loaf	600 - 700 g	650 W	12 - 14 min	5 min	
Bacon	150 g	800 W	3 - 4 min	1 - 2 min	Place on kitchen paper on a plate in 2 or 3 layers. Cover with kitchen paper.
Fish (whole)	600 g	650 W	8 - 9 min	4 - 5 min	Score the skin. Cook covered.
Fish, steaks or fillets	400 g	650 W	5 - 6 min	2 - 3 min	Place with thinner parts towards center. Cook covered.
Fresh vegetables	300 g	800 W	3 - 4 min	1 - 2 min	Cook covered and add 2 - tbs water.
Frozen vegetables	250 g 400 g	800 W	3 - 4 min 5 - 6 min	1 - 2 min	Cook covered.
Jacket potatoes	1 pcs 4 pcs	800 W	4 - 6 min 12 - 15 min	2 min 5 min	Prick with fork. (1 pcs =250 g) Turn midway thru cooking.

REHEATING CHART

GENERAL HINTS:

As in traditional cooking methods, food reheated in a microwave oven must always be heated until piping hot.

The best results are achieved if the food is arranged with the thicker food to the outside of the plate and the thinner food in the centre.

Place thin slices of meat on top of each other or interlace them. Thicker slices such as meat loaf and sausages have to be placed close to each other.

When reheating stews or sauces it is better to stir once to distribute the heat evenly.

Covering the food helps to keep the moisture inside the food, reduces spattering and shortens the reheating time.

When reheating frozen food portions follow the manufactures instruction on the package.

Food which cannot be stirred, like gratin is best reheated on 450–650 W.

Some minutes standing time will make sure the temperature is evenly distributed throughout the food.

Type of food	Quantity	Power level	Time	Standing time	Suggestions
Plated meal	300 g 450 g	800 W	3 -4 min 4 - 5 min	1-2 min	Cover the plate.
Rice	2 dl 6 dl	800 W	1 - 2 min 3 - 4 min	1 min 2 min	Cover the dish.
Meat balls	250 g	800 W	2 min	1-2 min	Heat uncovered.
Hot dogs	1 pcs 2 pcs	650 W	½ - 1 min 1 - 1½ min	1 min	
Lasagne	500 g	650 W	5-6 min	2-3 min	
Beverage	2 dl	800 W	1-1½ min	1 min	Put a metal spoon in the cup to prevent over cooking.
Soup, clear	2 ½ dl	800 W	2 - 2½ min	1 min	Reheat uncovered in a soup plate or bowl.
Milkbased Soups or Sauces	2½ dl	800 W	2½ - 3 min	1 min	Don´t fill the container more than ¾. Stir once during heating.

DEFROSTING CHART

GENERAL HINTS:

Frozen food in plastic bags, plastic films or cardboard packages can be placed directly in the oven as long as the package has no metal parts (e.g. metal twist ties).

The shape of the package alters the defrosting time. Shallow packets defrost more quickly than a deep block.

Separate pieces as they begin to defrost. Individual slices defrost more easily.

Shield areas of food with small pieces of aluminiumfoil if they start to become warm (e.g. chicken legs and wing tips).

Turn large joints halfway through the defrosting process.

Boiled food, stews and meat sauces defrost better if stirred during defrosting time.

When defrosting it is better to under-thaw the food slightly and allow the process to finish during standing time.

Standing time after defrosting always improves the result since the temperature will then be evenly distributed throughout the food.

Type of food	Quantity	Power level	Time	Standing time	Suggestions
Roast	800 - 1000 g	Defrost	20 - 22 min	10 - 15 min	Turn halfway through defrosting.
Minced meat	500 g	Defrost	8 - 10 min	5 min	Turn halfway, separate thawed parts.
Chops, cutlets, steaks	500 g	Defrost	7 - 9 min	5-10 min	Turn halfway.
Chicken, whole	1200 g	Defrost	25 min	10 - 15 min	Turn halfway.
Chicken pieces or fillets	500 g	Defrost	7 - 9 min	5 - 10 min	Turn/separate halfway. Shield wingtips and legs with foil to prevent overheating
Fish, whole	600 g	Defrost	8 - 10 min	5 - 10 min	Turn halfway shield the tail with foil to prevent over-heating.
Fish filets / steaks	400 g	Defrost	6 - 7 min	5 min	Turn/separate half way.
Bread loaf	500 g	Defrost	4 - 6 min	5 min	Turn halfway.
Rolls / Buns	4 pcs (150 - 200 g)	Defrost	1½ - 2 min	2-3 min	Place in a ring pattern.
Fruit/Berries	200 g	Defrost	2 - 3 min	2-3 min	Separate during

GENERAL HINTS:

By combining Microwaves and Grill you can use the advantages of both cooking methods. At the same time as the Grill is browning the food the Microwaves shortens the cooking time and the result is often better.

The cooking time is often half of the time required in an ordinary oven.

The Grill-grid may be used with the combi function.

You may place vessels or gratins directly on the Glass turntable.

⚠ IMPORTANT!

Ensure that the utensils you use are heat resistant, ovenproof and allow microwaves to pass through them before Grilling with microwaves combined.

Do not use plastic utensils when grilling. They will melt. Items of wood or paper are not suitable either.

Type of food	Quantity	Setting	Time	Suggestions
Cheese toast	3 pcs	Grill	4-5 min	Place on grid
Sausages	2 - 3 pcs (100 g each)	Grill	10 - 12 min	Place on grid. Turn over midway thru cooking.
Chicken pieces	1000 g	800 W Then grill	13 - 15 min 8 - 9 min	Place with the skin up in a dish.
Frozen Lasagne	500 g	650 W Then grill	18 - 20 min 5 - 6 min	Place vessel on the turntable
Frozen fish gratin	600 g	650 W Then grill	15 - 18 min 5 - 7 min	Place vessel on the turntable
Potato gratin	4 portions	800 W Then grill	18 - 20 min 5 - 6 min	Place vessel on the turntable
Pommes Duchesse	2 portions	Grill	6-8 min	Place dish on grid

MAINTENANCE & CLEANING

Cleaning is the only maintenance normally required. It must be carried out with the microwave oven disconnected.

Do not use metal scouring pads on the inside of the oven cavity. They will scratch the surface.

At regular intervals, especially if spillovers have occurred, remove the turntable, the turntable support and wipe the base of the oven clean.

This oven is designed to operate with the turntable in place.
Do not operate the microwave oven when the turntable has been removed for cleaning.

Use a mild detergent, water and a soft cloth to clean the interior surfaces, front and rear of the door and the door opening.

Do not allow grease or food particles to build up around the door.

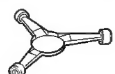
For stubborn stains, boil a cup of water in the oven for 2 or 3 minutes. Steam will soften the marks.

Adding some lemon juice to a cup of water, placing this on the turntable and boiling for a few minutes can eliminate odours inside the oven.

The Grill element (P860)
does not need cleaning since the intense heat will burn off any splashes, but the ceiling beneath it may need regular cleaning. This should be done with warm water, detergent and a sponge.

DISHWASHER SAFE:

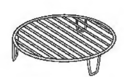
Turntable support.



Glass turntable.



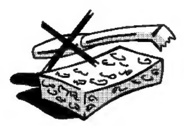
Wire rack. (P860)



Two plate stacker



Do not use steel-wool pads. This will scratch the surface.



⚠ WARNING!

The door seals and the door seal areas must be regularly inspected for damage. If these areas are damaged the appliance should not be operated until it has been repaired by a trained service technician.
Abrasive cleansers, steel-wool pads, gritty wash cloths, etc. can damage the control panel, and the interior and exterior oven surfaces. Use a sponge with a mild detergent or a paper towel with spray glass cleaner. Apply spray glass cleaner to a paper towel.
Do not spray directly on the oven.

TROUBLE SHOOTING GUIDE

If the oven does not work, do not make a service call until you have made the following checks:

* The Turntable and turntable support is in place.
* The Plug is properly inserted in the wall socket.
* The Door is properly closed.
* Check your Fuses and ensure that there is power available.
* Wait for ten minutes and then try to operate the oven once more.
* Open and then close the door before you try again.

This is to avoid unnecessary calls for which you will be charged.
When calling for Service, please give the serial number and type number of the oven (see Service label). Consult your warranty booklet for further advice.

Important:
If the mains cord needs replacing it should be replaced by the original mains cord, which is available via our service organisation. The mains cord may only be replaced by a trained service technician.

⚠ WARNING!

Service only to be carried out by a trained service technician. It is hazardous for anyone other than a trained person to carry out any service or repair operation which involves the removal of any cover which gives protection against exposure to microwave energy.
Do not remove any cover.

DATA FOR TEST OF HEATING PERFORMANCE

In accordance with IEC 705.

The International Electrotechnical Commission, SC. 59H, has developed a standard for comparative testing of heating performance of different microwave ovens. We recommend the following for this oven:

Test	Amount	Approx. time	Power level	Container
12.3.1	750 g	10 min	800 W	Pyrex 3.220
12.3.2	475 g	5 min	800 W	Pyrex 3.827
12.3.3	900 g	14 min	800 W	Pyrex 3.838
12.3.4	1100 g	18 - 20 min 5 - 6 min	800 W Grill	Pyrex 3.827
13.3.0	500 g	12 min	Defrost	Place on turntable

TECHNICAL SPECIFICATION

Type number	**P860**	**P801 /P801X**
Supply voltage	220 V/50 Hz	
Rated Power Input	1250 W	
	MW output power	**MW output power**
Full power	800 W	
	650 W	
	450 W	
Defrost	160 W	
Keep Warm	90 W	
Grill Output power	1000 W	
Dimensions:	**H x W x D**	
Outer dimensions:	285 x 456 x 402	285 x 456 x 392
Oven compartment:	196 x 292 x 295	

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